



HealthQuest Wellness Champion Network Monthly Webinar

Thursday, April 14th - 11:00-11:45 am

Agenda

- ❖ **Welcome New Champions!**
- ❖ **Leadership Development**
 - ❖ *With Special Guest Jack Bastable*
- ❖ **"EAT MOVE SLEEP" Challenge – Starts Monday, May 2nd, 2016**
- ❖ **Focus Group Updates**
 - ❖ *Food*
 - ❖ *Work/Life/Energy*
- ❖ **Success Stories!**
- ❖ **April HQ Seminar**
- ❖ **April EAP Webinar**
- ❖ **National Walk at Lunch Day – April 27th**

Welcome New Wellness Champions!!



If this is your first WCN webinar, please type your name in the chat box on the Webex. I will call on each of you to introduce yourself!

- Your Name
- Agency/Group and Job
- Fun Fact / Favorite Physical Activity

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Seeing with our Minds Eye





CREATING A VISION BOARD

Vision Board

1. If money, people's opinions and judgment, and fear were not factors- what would you want to be, do or have?
 2. What beliefs or things would I have to let go if I were to allow this into my life?
 3. What would I have to believe in order to be, do, or have these things?
 4. What really matters to me?
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➤ **Minds Eye**

➤ Vision Boards

<http://christinekane.com/how-to-make-a-vision-board/>



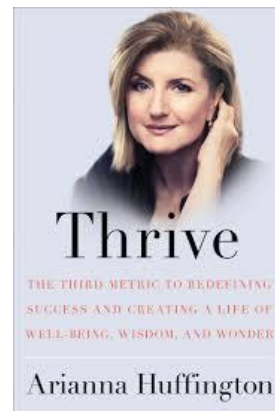
“EAT MOVE SLEEP” Challenge

- ✓ May 2nd – May 27th
 - ✓ Eat a serving of **vegetables** (1 point per serving/max 3 points daily)
 - ✓ Eat a serving of **fruit** (1 point per serving/max 2 points daily)
 - ✓ Eat a serving of **whole grains** (1 point per serving/max 2 points daily)
 - ✓ **Exercise** 30 minutes or more
 - ✓ **Sleep** at least 7 hours per night
 - ✓ 160 activity points = 5 HealthQuest Credits

*Don't forget to log your points on the Portal for
“Fast Break to Fitness!”*

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Focus Group Updates



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Success Stories!

- *"I participate EVERY year. It helps me keep track of my overall health from year to year and is a GREAT reminder to remain healthy and active as I am aging. I like the information that it provides me and my physicians. THE BEST PROGRAM ever as a state employee."*
- *"I have been able to lose and maintain roughly 20 pounds since starting with the state and doing the HealthQuest wellness programs and health screenings. It has helped me become more aware of what I eat, and what is and is not good for my body."*

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April 2016 Seminar

Available on the Portal 4/1/16

[Library](#) > [Tools](#) > [Seminars](#) >

Beating Barriers to Change

Seminar · 1 Credit Last Reviewed: 03/31/2016 · 🍌 26

You want to make a change. You're motivated, you have a plan, you get started. And something gets in the way. These are barriers. This seminar will help you identify these barriers and make a plan to overcome them. Print out this [handout](#) to help you follow along. <[Transcript](#)>

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April 2016 EAP Webinar

Thursday, April 21st, 2016, 3:00 p.m.

The Confident You: Taking Charge of Your Life

Have you ever had something you really wanted to say to someone, but held it back because of some kind of fear or shyness?

Have you ever given in to someone else's way, and then regretted doing so because you believed strongly in your position?

Do you wish you had the confidence to stand up for yourself more firmly in some situations?

Register at:

<https://attendee.gotowebinar.com/register/8851944187562523394>

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National Walk at Lunch Day



TURN A
WORKING
LUNCH

INTO A
WALKING
LUNCH!

Wednesday
April 27, 2016

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Thank You for Joining Today's Meeting!!

Next Meeting is **Thursday, May 11th**

✓ 11:00-11:45 am

Secret Question:

Open Questions/Comments

